

Get Back Your Health!

Are you dragging around day after day with a dull headache? Are you tired and lame mornings—subject to headaches, dizzy spells and sharp, stabbing pains? Then there's surely something wrong. Probably it's kidney weakness! Don't wait for more serious kidney trouble. Get back your health and keep it. For quick relief get plenty of sleep and exercise and use Doan's Kidney Pills. They have helped thousands. Ask your neighbor!

A Nebraska Case

S. G. Seance, railroad carpenter, 713 Morton St., Falls City, Neb., says: "My back and kidneys were in bad shape. The kidney secretions burned and were scanty in passage. Often my back hurt me so I could hardly stoop. I suffered with sharp, cutting pains in my kidneys and I had sleepless and dizzy spells. I gave Doan's Kidney Pills a fair trial. After using two boxes the trouble was gone."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

GOLD MEDAL HAARLEM OIL CAPSULES

The National Remedy of Holland for over 200 years; it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, three sizes.

Look for the name Gold Medal on every box and accept no imitation

Let Cuticura Be Your Beauty Doctor

Soap 25c, Ointment 25c and 50c, Talcum 25c.

\$500 CASH BUYS \$5,000 BUSINESS

Thrives in Prosperity—Booms in a Panic. Operates anywhere twelve months per year at 100% cash basis. Investigate at once.

ADDRESS: 1516 Davenport St. OMAHA, NEB.

Superfluity.

"Pa, what is a non-essential industry?" "Well, for example, my son, making artificial flies."

To believe in the heroic makes heroes.



Mrs. Marita Tilger

Hastings, Neb.—"During expectancy when I was nauseated, Dr. Pierce's Favorite Prescription proved most beneficial to me. I took only one bottle but found it to have splendid tonic value. Am very glad, indeed, to recommend it."—Mrs. Marita Tilger, 213 Lexington St.

Your health is most important to you. It's easily improved. Just ask your nearest druggist for this Prescription of Dr. Pierce's in tablet or liquid form. Send 10c for trial pkg. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., or write for free advice.

RATS DIE



When They Eat

STEARNS' ELECTRIC PASTE

It also kills mice, gophers, prairie dogs, coyotes, wolves, cockroaches, water bugs and ants. A 35c box contains enough to kill 50 to 100 rats or mice. Get it from your drug or general store dealer today.

READY FOR USE—BETTER THAN TRAPS

Gray Hair

is out of fashion; is unnecessary—for you can have abundant hair of the original shade by using Q-Ban Hair Color Restorer—Safe as water—try it. At all good druggists. Write, care of direct from HESSIG-ELIAS, Omaha, Neb., 10c.

W. N. U. OMAHA, NO. 44-1922.

Following Through.

"Bah! Golf is an old man's game!" "I can't afford it, either."—Nashville Tennessean

Just Think of It!

If they had had gland treatments in Methuselah's time he might have been living yet.—Pittsburgh Gazette Times

Look to Your Eyes

Beautiful Eyes, like fine teeth, are the result of Consistent Care. The daily use of Murine makes Eyes Clear and Radiant. Enjoyable. Harmless. Sold and Recommended by All Druggists.



The AMERICAN LEGION

(Copy for This Department Supplied by the American Legion News Service.)

AMERICANISM WEEK, DEC. 3-9

Government, Legion and National Education Association Co-Operating to Make Program Successful.

John J. Tigert, United States commissioner of education, declares a conviction that a great stride toward the goal of Americanism set by the American Legion as one of its greatest programs of service will be made in the week of December 3 to 9, inclusive, which has been proclaimed Americanism week.



John J. Tigert.

Commissioner Tigert and the National Education association are co-operating with the Americanism commission of the American Legion in making the week a success.

Announcement proclaiming the American Education week followed a conference in Washington between President Harding, Commissioner Tigert and Garland W. Powell, assistant national director of the Americanism commission. President Harding announced he would issue an official proclamation, followed by similar ones from governors of the states.

Commissioner Tigert, through the United States bureau of education, will request state and county superintendents of schools to devote the week to the American Legion program, which will start Sunday, December 3. Ministers of all denominations will be asked to preach sermons morning and evening that day on the benefits of education. Mass meetings will be held throughout the United States, at which speakers will be supplied by the American Legion.

Monday will have its special slogan—"Americans All by 1927"—with its drive throughout the country to assist immigrants and aliens to become good Americans, by starting their education in the duties of citizenship. Tuesday will be devoted to patriotism, with such subjects as "Universal Use of the English Language," "Music As a Nation Builder," "The Flag, Emblem of Freedom," and "The Citizen's Duty to Vote," emphasized. Wednesday, better pay for teachers and better school-houses will be featured. Thursday will be devoted particularly to the cure of illiteracy. Thursday will be a mighty war on Bolshevism, the strengthening of the fight to eradicate radicalism. Friday will be devoted to "An Equal Opportunity for All in Education," and Saturday, December 9, will be given over to the subject of physical education, the need of more and better playgrounds, the nation's need to develop our forests, the conservation of our soil and places of play in every community.

AUXILIARY MAY ADOPT THIS

Headress Fronted With Blue or Gold Star May Be Approved by the Women's Organization.

When pretty Thelma Sines of Logansport, Ind., donned the headpiece that she's wearing in the accompanying picture, and naively asked if it wasn't a perfectly wonderful creation for members of the American Legion Auxiliary to wear at conventions, conferences, etc., it hasn't been recorded what the Indiana women's reply was, but it



Miss Thelma Sines. is known that all the American Legion fellows who saw the picture immediately voted aye and urged its unanimous adoption.

Miss Sines' Auxiliary unit, No. 3 of Logansport, submitted the headress as the official one to be worn, but frankly confessed that the idea was really born at Columbus, Neb., where that city's American Legion Auxiliary unit presented it, and then Columbus replied that it really was the idea of some of the women of Louisiana. At any rate, it seemed to be a popular idea—made more so, perhaps, by the wearer herewith shown. Miss Sines says she likes it, that it's cool and comfortable, and affords a distinctive headress for the organization.

It will be noted that the headress is fronted with a star. A gold star can be substituted for the ordained blue by those who lost loved ones in the service.

Details, Please.

Old Man Matthews' daughter was reputed to be the slowest witted and laziest girl in the state. One day her father came in to find her sprawled in a chair with her feet in dangerous proximity to the blazing fireplace. "Git up, gal," he yelled. "You're practically standin' on a red-hot coal." "Which foot, paw?" drawled Sal, opening one eye.—American Legion Weekly.

PLACE TO SELL THEIR WARES

The "Hut," a Downtown Los Angeles Store, Operated for Benefit of Disabled Veterans.

Out Los Angeles way the care and comfort of the boys who went away to war and returned maimed and broken in health is a matter of vital concern. Leading citizens, editors, writers, business and professional men and women believe it their patriotic duty to help these boys back to health and competition with their fellow men. Hence the "Hut," established in downtown Los Angeles.



Rupert Hughes.

The "Hut" is a store, where veterans emerging from hospitals, and disabled veterans at home may sell articles they have learned to make, or where they may work at various trades catering to the general public. The "Hut" is established by a committee which includes such well-known persons as Rupert Hughes, the novelist; Edward A. Dickson, publisher of the Los Angeles Evening Express; Harry Chandler, publisher of the Los Angeles Times; Hays Rice, Stanley Chapman, Louis M. Cole, Rabbi Magin, Henry A. Strauss, Roy L. Laswell, Mrs. John J. Urquhart, Mrs. J. R. Coffman, Mrs. Daisy C. Danziger, Mrs. E. R. Brainerd, Mrs. Boyle Workman and other prominent citizens.

The committee was formed and the "Hut" established because of the hundreds of veterans who come from the hospitals with only small, or no compensation, and who during the period of convalescence are in dire financial straits. At the store they may ply their crafts and sell their handicraft, all the receipts their own. Rupert Hughes is a former service man and a member of the American Legion in Los Angeles. To him all former service men are "buddies." He is never too busy, never too engrossed, to aid in good works which are for the benefit of his former comrades in arms. As with other American Legion members, the "Hut" project is meeting with Mr. Hughes' approval and active co-operation.

"There isn't too much, can never be too much, we can do for our disabled," is a slogan with the novelist. Among the directors of the "Hut" are representatives of all the American Legion posts in Los Angeles county. The Needlework Guild of America gave \$2,000 to get the project started, and the American Legion pledged \$250 a month for six months to insure its success. It will be operated on a "strictly business basis," giving the veterans the opportunity to support themselves by their skill in various crafts without any plea for favors or charity from the public.

LEGION MEN PROUD OF HIM

Mayor Leach, "Minneapolis" Little Colonel," One of Several Successful Gopher State Officials.

They call him "Minneapolis" Little Colonel"—Mayor George E. Leach of that city. He is one of a number of Minnesota mayors who have swelled the pride of the American Legion of that state in the fact of their success in civil life by being voted offices of public trust after their return from war.

Just across that line of "unfriendly relations"—at least that's what some who know the rivalry between the Twin Cities call it—is another Legion executive, Mayor Nelson of St. Paul. And Gophers point to the harmony between the two executives, though they differ radically on many things, as exemplification of the American Legion "buddy" spirit. Other Minnesota mayors who are active members of the American Legion are:

Mayor Cannon of Hibbing, Mayor Maertz of New Prague, Mayor Emple of Virginia, Mayor Quinn of Fairbault, Mayor Essling of Eveleth. Then there's Lieutenant Governor Collins, State Bank Examiner Rathbun and State Coal Commissioner Bowen who, though not mayors, are Legionnaires. Mayor Leach was colonel of the famous One Hundred and Fifty-first field artillery, a regiment which was on the front line for 248 consecutive days, longer, it is said, than any other regiment in the United States army. The regiment took part in all the major engagements, and served with its own division, the Rainbow division, the First, Second, Fourth, Twenty-sixth, Thirty-second, Seventy-seventh and Eighty-eighth divisions.

And the "Little Colonel" was a gallant soldier. He was decorated for bravery in action with the Distinguished Service Cross, the Croix De Guerre, with two palms and star and the Legion of Honor, officers' grade, and after returning to the United States was decorated with the Distinguished Service Medal. He now is colonel of the One Hundred and Fifty-first in the National Guard.

Form Organization.

Nebraska sailors and marines, who attended the state Legion convention at York, Neb., have formed an organization for social purposes.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

In That Sense.

"Do you believe in auto-suggestion?" "I generally follow any suggestion made by the motor cop, if that's what you mean."—Boston Evening Transcript.

A Lady of Distinction

Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Advertisement.

Longer Attire.

"Has the flapper disappeared from view?" "No," answered Miss Cayenne. "She's only partially eclipsed."

W.L. DOUGLAS

\$5 \$6 \$7 & \$8 SHOES FOR MEN are actually demanded year after year by more people than any other shoe in the world

BECAUSE: For style, material and workmanship they are unequalled. Protection against unreasonable profits is guaranteed by the price stamped on every pair. Years of satisfactory service have given them confidence in the shoes and in the protection afforded by the W.L. Douglas Trade Mark.

W.L. DOUGLAS shoes are put into all of our 110 stores at factory cost. We do not make one cent of profit until the shoes are sold to you. It is worth dollars for you to remember that when you buy shoes at our stores YOU PAY ONLY ONE PRICE.

Compare our \$7 and \$8 if not for sale in your vicinity, send for free catalog. TO MERCHANTS: No order in your town handles W.L. Douglas shoes. We reserve the right for exclusive rights to W.L. Douglas Shoe Co. 20 Sparks Street, Boston, Mass.



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BIRD IS FAST ON ITS FEET

California Roadrunner Famous for Its Custom of Sprinting in Front of Trotting Horses.

A bird known as the California roadrunner has earned his common name from his delight in sprinting along roadways, especially when pursued by horsemen or moderately slow-going vehicles. In the picturesque old days of California it was no uncommon sight to see this bird running a half-mile or so in front of fast-trotting horses.

Another common name, chaparral-cock, is given in allusion to his living in the chaparral of the semi-deserts.

The bird belongs wholly to the West. Formerly he ranged from the plains of Kansas to the chaparral-covered hills of the Pacific coast and from central California to Mexico, but he is rapidly becoming rare. He is built like a heron, except for his short legs, but, unlike that water-loving bird, chooses deserts for his home. He has wings, but scarcely has the power to fly, though he is one of the fleetest of runners.

Woman's Organization Growing. The Auxiliary of the American Legion, said to be the fastest growing woman's organization in America, has a membership of 140,000 in the 48 states, Alaska, Hawaii, the Canal zone, Cuba and Mexico. These women are divided into 5,089 posts.

DYED HER DRAPERIES, SKIRT AND A SWEATER WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple that any woman can dye or tint faded, shabby skirts, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like new. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. "Diamond Dyes" never streak, spot, fade, or run. So easy to use.—Advertisement.

Waterworks Near Completion.

The London waterworks system will shortly possess the largest reservoir in the world. It has been under construction for ten years, and when completed will have a capacity of 6,500,000,000 gallons.

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blued with Red Cross Ball Blue.—Advertisement.

What women sigh for is long life without old age.

Honors achieved far exceed those that are created.

Sure Relief FOR INDIGESTION

6 BELLANS Hot water Sure Relief
BELLANS
25c and 75c Packages, Everywhere

Bilious Attacks

Are Usually Due to Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

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A LUBRICANT—NOT A LAXATIVE

Western Canada

Wonderful Stock Raising Country

Vast stretches of undeveloped fertile agricultural land of the highest productiveness await the settler in Western Canada. The land possesses the same character of soil as that which has produced the high quality of cereals that have carried off the world's premier honors so many times in the past ten years.

Native Grasses are Rich and Abundant

Cattle fatten upon them without any grain being fed. Limited capital on high-priced lands is not a success, neither can the tenant burdened with high rents hope to succeed. The place to overcome these is in Western Canada—where land is cheap where a home may be made at low cost, and where dairying, mixed farming and stock raising give an assured profit.

Land may be purchased from the Railway Companies or from responsible land companies or from private owners. Free homesteads of 160 acres each are to be had in the more remote districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write

W. V. BENNETT
300 Peter's Trust Building
Omaha, Neb.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada.

The Observant Newsdealer. Of course the Woman knows her newsdealer well. He is very friendly. The other day she stopped in for some additional magazines and papers to take with her for a day's outing she was to have. She thought she was looking quite well—that is, she fancied she had managed to make herself look smart without putting on her best clothes. The newsdealer seemed quite delighted to think she was going to have a day in which to rest and idle. "It's fine," he said. "And you can have a real good time with your old clothes and all."

Protecting Native Birds. Great efforts are being made in the United States to protect the native birds, mainly because of their usefulness as insect destroyers. One expert says that in the state of Massachusetts birds destroy 21,000 bushels of insects every day, and in Nebraska 170 carloads.

Somebody is always getting in the way of the man who is in pursuit of happiness.

Didn't Have That Twin. Two Irishmen who were old friends met in the street one day. "Sure, I met a man last week, and, bedad, I'd have sworn it was yourself," said one. "And wasn't it?" replied the other. "Divil a bit," replied the first. "But he was your very image, barrin' he was a trifle greyer. I suppose, now, ye haven't a twin brother a few years older than yourself?"

Impressive Income. "Dubwaite was always hard up when he was making \$2,000 a year. Now he's making \$20,000 a year and he's still hard up." "But he has one advantage." "Well?" "Bill collectors will stand for a great deal more back talk from a \$20,000-a-year man than from a \$2,000-a-year man."—Birmingham Age-Herald.

Hope Against Hope. Therefore it is of faith, that it might be by grace; which is of the faith of Abraham, who against hope believed in hope, that he might become the father of many nations.—Romans 4:16 to 18.

It's a main highway

POSTUM CEREAL
INSTANT POSTUM
A BEVERAGE

THE way to satisfaction, comfort and health through Postum, has become a world-wide way.

This famous table beverage which has stood the test of twenty-five years, fills every requirement of taste for a hot and invigorating mealtime drink. Unlike coffee or tea, Postum contains nothing that can irritate nerves or disturb digestion. Even the children may safely enjoy it.

Wouldn't it be well for you to avoid the harm which so many have found in coffee and tea, and protect health while pleasing taste, with wholesome, satisfying Postum?

Order from your grocer today!

Postum FOR HEALTH

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